

RESOURCE E-BLAST

VA VISN 5 MIRECC

Putting Recovery Into Practice

September is National Recovery Month

Every September, the US Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors Recovery Month to increase awareness and understanding of mental and substance use disorders and celebrate the people who recover. The 2019 theme is *Join the Voices for Recovery: Together We Are Stronger*.

Please visit the [VISN 5 MIRECC's website](#) for more information about recovery-oriented resources and research like those highlighted below.

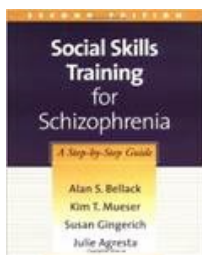
Ending Self Stigma



[Ending Self Stigma \(ESS\)](#) is a 9 session group program designed to help people experiencing mental health problems to resist internalized stigma and its harmful effects, through practical personalized strategies.

It is designed to be delivered in 9 weekly 75-90 minute sessions, by one or two mental health provider and/or peer facilitators. It is most appropriate for psychosocial rehabilitation programs, VA PRRCs, mental health clinics, mental health consumer-run centers, and similar settings.

Social Skills Training



[Social Skills Training \(SST\)](#) is a treatment procedure that has been developed to directly address social problem-solving skills deficits with the goal of enhancing social functioning. SST interventions are tailored to meet the real-life, current-day difficulties that affect the social experiences of each Veteran, but several common core elements are present regardless of which specific skills are being taught. In general, SST is a highly structured educational procedure that employs didactic instruction, breaking skills down into discrete steps, modeling, behavioral rehearsal (role-playing), and social reinforcement.

Informational Guides for Veterans and Families about Schizophrenia



The VISN 5 MIRECC has assisted the Veterans Health Library in revising a series of informational materials focused on providing [recovery-oriented information to Veterans living with schizophrenia and their families](#). Topics include understanding schizophrenia, supporting a loved one who is living with schizophrenia, understanding treatment options, and how to address stigma when pursuing mental health recovery.

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